

Rosie's Recipe for Regularity

Stew prunes and dried apricots by boiling in a small amount of water for about 20 minutes.

1 cup stewed prunes, drained

1 cup stewed apricots, drained

1 cup applesauce

1 cup of 100% bran (wheat or oat)

Enough liquid from the stewed fruit to obtain a good consistency.

Combine all ingredients and puree in a blender, adding liquid as needed. Store in the refrigerator. Take 2 tablespoonful a day, more or less, as needed.

Brans Slurry

1 cup applesauce

1 cup prune juice

3/4 cup all bran

Combine all ingredients. Store in refrigerator. Take 2 tablespoonful a day, more or less, as needed.